

Stress Management Case Study Assessment Schedule

Student: _____

Assessing	Evidence	Judgement	Client 1 (Breath)		Client 2 (PMR)	
All criteria listed below relate to a case study that is the major piece of assessment for Stress Management. The parameters of the case study are defined in the Stress Management Assessment Task.			C	M	C	M
Numbers in the judgement boxes relate to a possible number of marks towards merit that may be attained. The assessor is expected to use their judgement to determine how many of these marks the student's assignment deserves.						
Demonstrate an understanding of stress theory	The student's understanding is to be demonstrated by relating theoretical models of stress to the presenting client's situation	Client's condition is described in terms of General Adaptation Syndrome (GAS).				
		The assessor judges that the student's assessment of the state of the client's stress response according to GAS is accurate		1		1
		Client's condition is related to models of stress <ul style="list-style-type: none"> Stress-related physiological changes The Human Performance curve (Cox & MacKay) Other models of stress (including appropriate references) 		5		5
Demonstrate an understanding of the multi-disciplinary nature of stress management	The student's understanding is to be demonstrated by relating knowledge of the multi-disciplinary nature of stress management to the presenting client's situation	The option of consulting with other healthcare professionals in the healthcare programme is discussed.				
		Another healthcare practitioner is consulted, and the results of this consultation are considered within the context of the healthcare programme.		2		2
Assess the causes of a client's stress, and their current level of stress	The student's assessment of both clients should be described and should include * Subjective Assessment data	Student describes the situations which stimulate stress in the client's experience				
		Client's stress level is assessed using a stress measurement form				
		Client's breathing pattern is described and related to the stress response		1		1

	* Objective Assessment data including stress level, breathing pattern, and muscular tension	Client's areas of muscular tension are described		1		1
		The student's assessment is logical and comprehensive		3		3
Create a stress management programme for their client that takes into account their client's lifestyle, symptoms, and any contraindications to stress management exercises.	The healthcare programme for each of the clients that the student works with should be described along with any modifications that the healthcare programme undergoes, and any reasons for these modifications.	Healthcare programme is based on the client's goals for treatment				
		Client's activities are modified based on elements of client's lifestyle identified in the assessment.		2		2
		Healthcare programme takes into account any contraindications identified in the assessment.				
		Healthcare programme takes into account any other stress-related symptoms and/or medical conditions identified in the assessment.		2		2
		Frequency and nature of stress-management exercises is specified				
		Frequency of massages is specified				
		Case study describes the process of discussing the programme with the client, and any changes (if any) made to the programme as a result of this discussion.		2		2
		Healthcare programme is ideally based on all assessment information including Lifestyle Stress-related symptoms Contraindications		3		3
		The process of monitoring at least one client's healthcare programme is described * Over at least three sessions * Result of a final reassessment is included				
Write a case study according to criteria provided.	The form of the case study is taken as the evidence for this series of assessment criteria.	Reflection considers * What worked well * What could be improved on				
		The assessor judges that the reflection is comprehensive and accurate		3		
		Sources referenced must include class notes and at least one other source		2		

		Reference list includes at least three sources judged to be of good academic quality by the assessor in addition to class notes		3	
		Referencing is in good APA style		3	
		Writing is of high quality * Gramatically * Readability & flow		5	

Competent: Yes / No

Marks towards a merit: / 60